

TODAYS LESSON

Title: Determinants of the health and development of Australian youth.

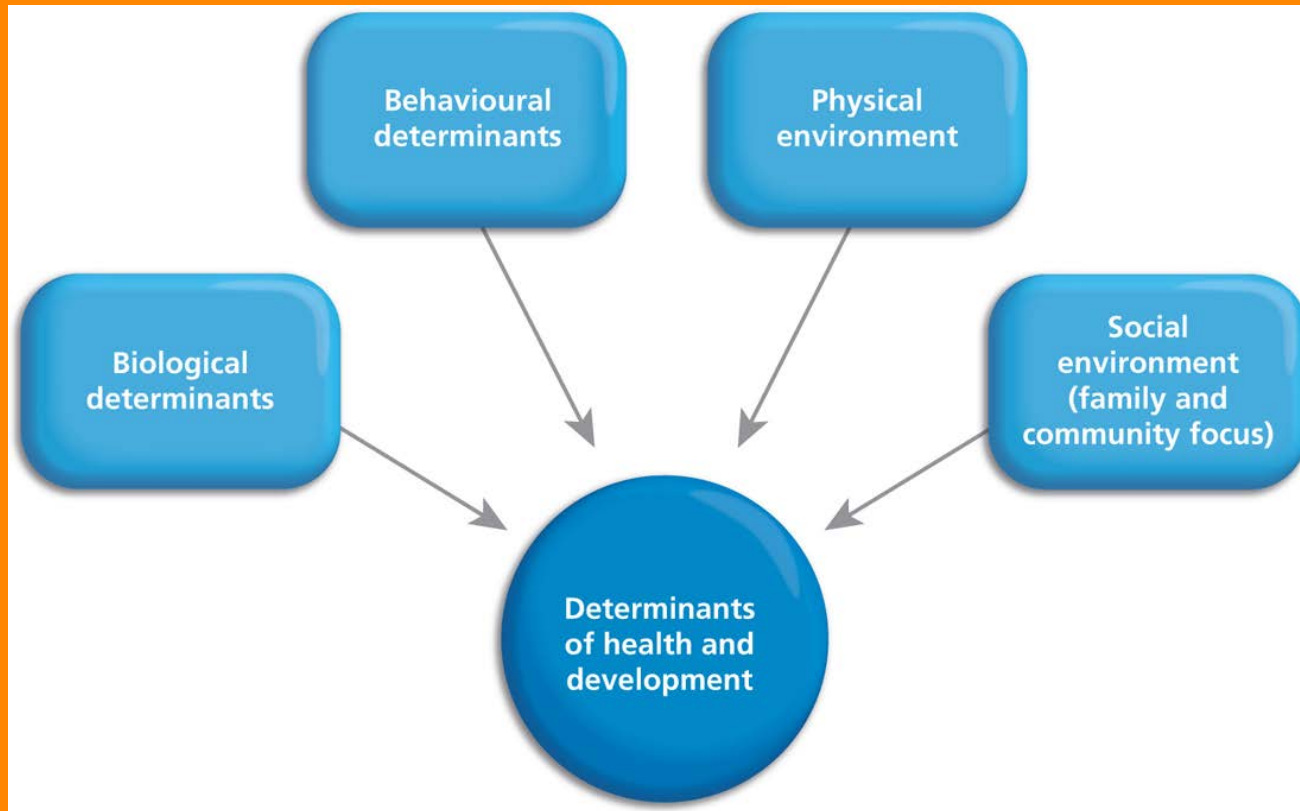
-Behavioural determinants

Success Criteria:

- I understand the behavioural determinants of health & development.
- I can name the common STI
- Can identify the explain in more detail at least one STI

REVISION.....

THE DETERMINANTS OF HEALTH & DEVELOPMENT DURING YOUTH



All four categories of the determinants of health combine to produce an individual's health and development

ACTIVITY

Paper cup activity

SEXUAL PRACTICES

Sexual development is a significant milestone occurring in the youth stage of the lifespan.

Some people start experimenting with sexual behaviour at this point in their lives.

Being involved in a sexual relationship may affect the people that an individual associates with, especially if their friends are not sexually active.

The person may attach feelings of love to the sexual relationship, which can impact on mental health and emotional development. It may also increase the feelings of sadness and loss should the relationship end.

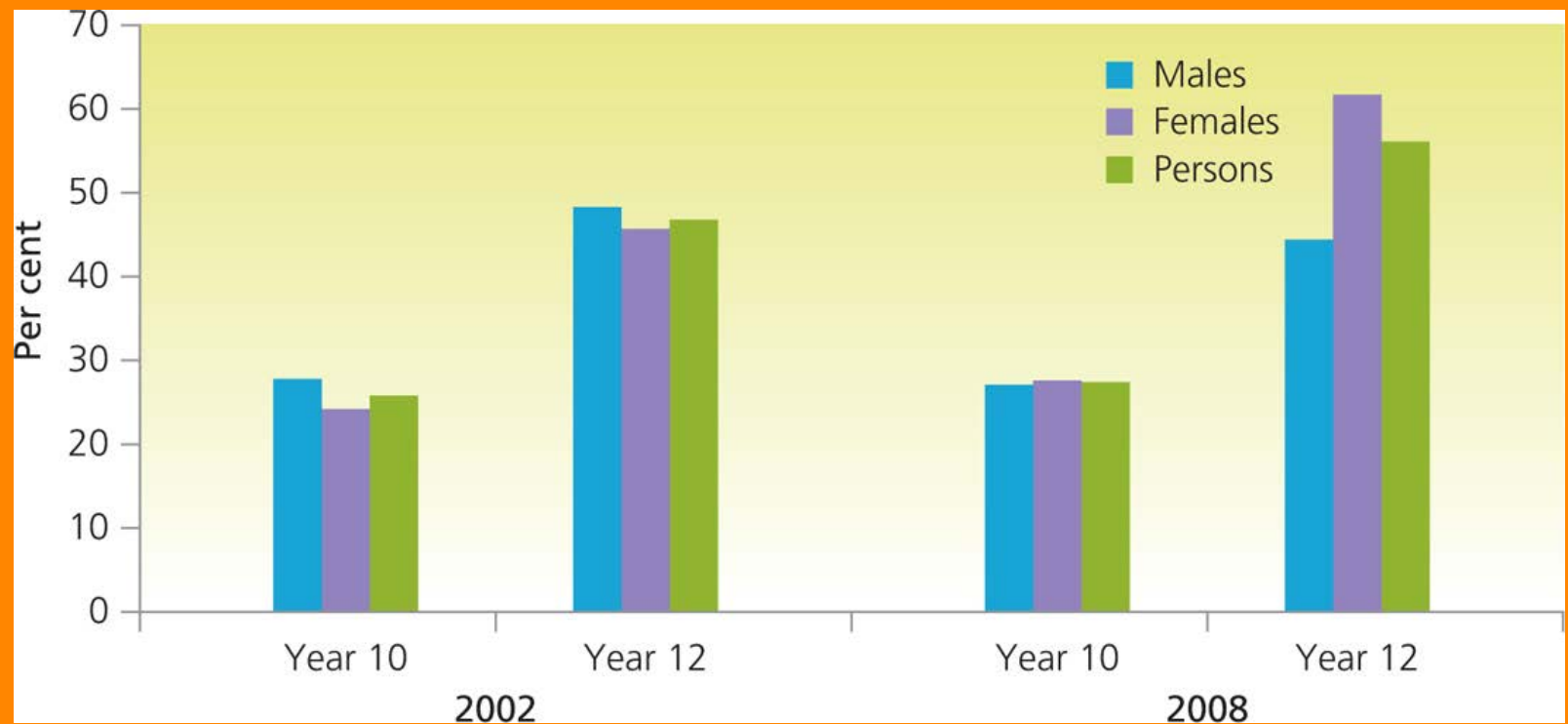


FIGURE 3.19 Proportion of students in years 10 and 12 who have never had sexual intercourse, 2002 and 2008

- The sexual practices that young people undertake can have long-term consequences.

Teenage pregnancy and
sexually transmissible infections (STIs)

STI'S

STIs are passed from one person to another through sexual contact.

This includes oral, genital and anal sex.

The rates of many STIs increased between 2000 and 2005, the latest data available at the time of writing.

This includes:

- HIV/AIDS
- chlamydia (figure 3.20)
- gonorrhoea.

According to the Australian Institute of Health and Welfare in 2007, half of all STI notifications in 2005 were for people aged 12–24 years.



Chlamydia notifications for people aged 12–24

STIs have a range of effects on health.

Diseases such as HIV and herpes have no cure and stay in the body for life.

Although treatments are available for HIV, the virus slowly destroys the immune system and can lead to an increase in infections such as pneumonia and to premature death.

All STIs can have long-term consequences ranging from fever and infertility to death, but (other than HIV and herpes) they can be cured with antibiotics or other medication.

Some STIs have few or no symptoms in some people, so they can go undiagnosed for a long period of time, increasing the impact of the infection on the person.

SOCIAL EFFECTS

Social health could be affected by a person contracting an STI. If it is contracted within a relationship, the relationship could break down.

MENTAL HEALTH

STIs can affect mental health by contributing to stress and anxiety.

The individual might feel embarrassed and uncomfortable about having to discuss sexual issues with their doctor.

They could also feel anxious about their condition and may experience feelings of denial.

The impact of contracting an STI on development would depend on the type of STI contracted, the amount of time the person suffers from it and the personality of the individual concerned.

Self-esteem could suffer from contracting an STI, but the person could also learn to deal with the emotions they experience as a result of the STI (e.g. anger, fear, remorse) or develop assertiveness by confronting the person who infected them.

INTERNET ACTIVITY

www.sti.health.gov.au/

Choose one STI from the above website and complete the following in your workbooks:

- A description of the STI
- Signs & symptoms
- Prevention and treatment
- Any statistics
- Discuss how this STI could impact on development

TODAYS LESSON

Title: Determinants of the health and development of Australian youth.

- Behavioural determinants
- Physical Environment

Success Criteria:

- I understand the behavioural determinants of health & development.
- I can understand the importance of developing and maintaining friendships

DEVELOPING AND MAINTAINING FRIENDSHIPS

As already discussed, the peer group is increasingly influential during youth. Young people rely on each other more heavily as they move through this stage of the lifespan.

Developing mutual and respectful friendships during youth can provide a valuable resource for all individuals involved



FIGURE 3.21 Friends can be a great support during youth.

Having mutual and respectful friendships means that the individual is valued for who they are.

This allows youth to express their feelings without being judged, to discuss concerns about the present and future and to share experiences with those they trust.

Friendships give an alternative to the family from where youth can seek advice and gain support during times of crisis.

Friends can also guide each other through the sometimes difficult period of youth and assist in building **resilience**.

Friendships during youth can influence many aspects of health and development.

Friends may:

- **influence other behaviours that youth participate in such as exercise, substance use and risk-taking activities. All of these can affect physical health and development.**
- **encourage social development by engaging the youth in a range of social activities. These may assist in building communication skills and social roles.**
- **encourage and support each other. This promotes mental health.**
- **lead the youth to experience strong bonds with individuals outside the family, promoting emotional development.**

TASK

Complete Activity 4.3 page 82

SEEKING HELP FROM HEALTH PROFESSIONALS

As medical technology and knowledge have advanced over the past century, many conditions have become curable and/or preventable. Health professionals can help youths in numerous ways, particularly in providing treatment and advice about optimising health and development.

FIGURE 3.22 Health professionals can help youths in numerous ways, including giving advice.



HEALTH PROFESSIONALS CAN:

- give advice about nutrition, which can promote physical health and development
- provide immunisation against conditions such as meningococcal infection, which can enhance physical health
- give advice on stress and anxiety management, which is an aspect of mental health
- correct eye disorders, which can promote intellectual development.

- Confidentiality is another major concern of many youth.
- They may not want their parents to know the nature of their medical conditions and may fear that the health professionals will discuss these issues with their parents.
- Youth are eligible to obtain their own Medicare card and can therefore visit doctors by themselves, which ensures confidentiality. However, maintaining open lines of communication with parents is an important aspect of maintaining all areas of health and development.

- **As a result of failing to access health care, any health and development issues and concerns may go unaddressed. Over time, these issues can lead to physical complications and increase feelings of stress and anxiety.**

According to the Australian Psychological Society, the following patterns with regards to youth accessing professional help have been noted:

- **Young people are more likely to seek help from friends as opposed to health professionals.**
- **Males are less likely to seek help for mental health problems than females, and this can contribute to higher suicide rates among males.**
- **Youths do not access health services at the same rates as people in other lifespan stages.**

PHYSICAL ENVIRONMENT OF HEALTH AND DEVELOPMENT OF YOUTH

- **Physical environment-** the physical surroundings in which individuals exist on a daily basis.
- This may include home, school, workplace, geographical location (whether the person lives in the city or a rural area). It may also refer to harmful or toxic substances in the environment such as asbestos or pollution.

TOBACCO SMOKE IN THE HOME

- When a non-smoker is exposed to environmental tobacco smoke (ETS), they are exposed to more than 4000 different types of chemicals.
- ETS can prevent lungs functioning at their optimal level, which could have an adverse effect on physical activity and therefore motor development.
- Young people exposed to ETS are also more likely to suffer from asthma and other breathing problems.
- Exposure to ETS leaves people more likely to become sick and increases their risk of developing heart disease by 25 to 30 per cent and lung cancer by 20 to 30 per cent.

- Young people in households with a smoker are more likely to take up smoking themselves, and this can have long-term effects on their health and development.

HOUSING ENVIRONMENT

- Youth generally spend a lot of time at home, and the housing environment can affect their health and development.
- Some of the physical aspects of the housing environment that can affect health and development include:
 - *indoor pollutants*. Dust and tobacco smoke, for example, can cause asthma and other respiratory conditions.
 - *drinking water quality*. Inadequate water quality can lead to infections or dehydration.

- *warmth*. People living in dwellings that are damp, cold or mouldy are at greater risk of respiratory conditions, meningococcal infection and asthma.
- *the number of bedrooms* (figure 3.24). Cramped living conditions can lead to stress and other mental health issues.
- *safety of the housing*. An unsafe housing environment can increase the risk of falls, electrocution and other injuries.

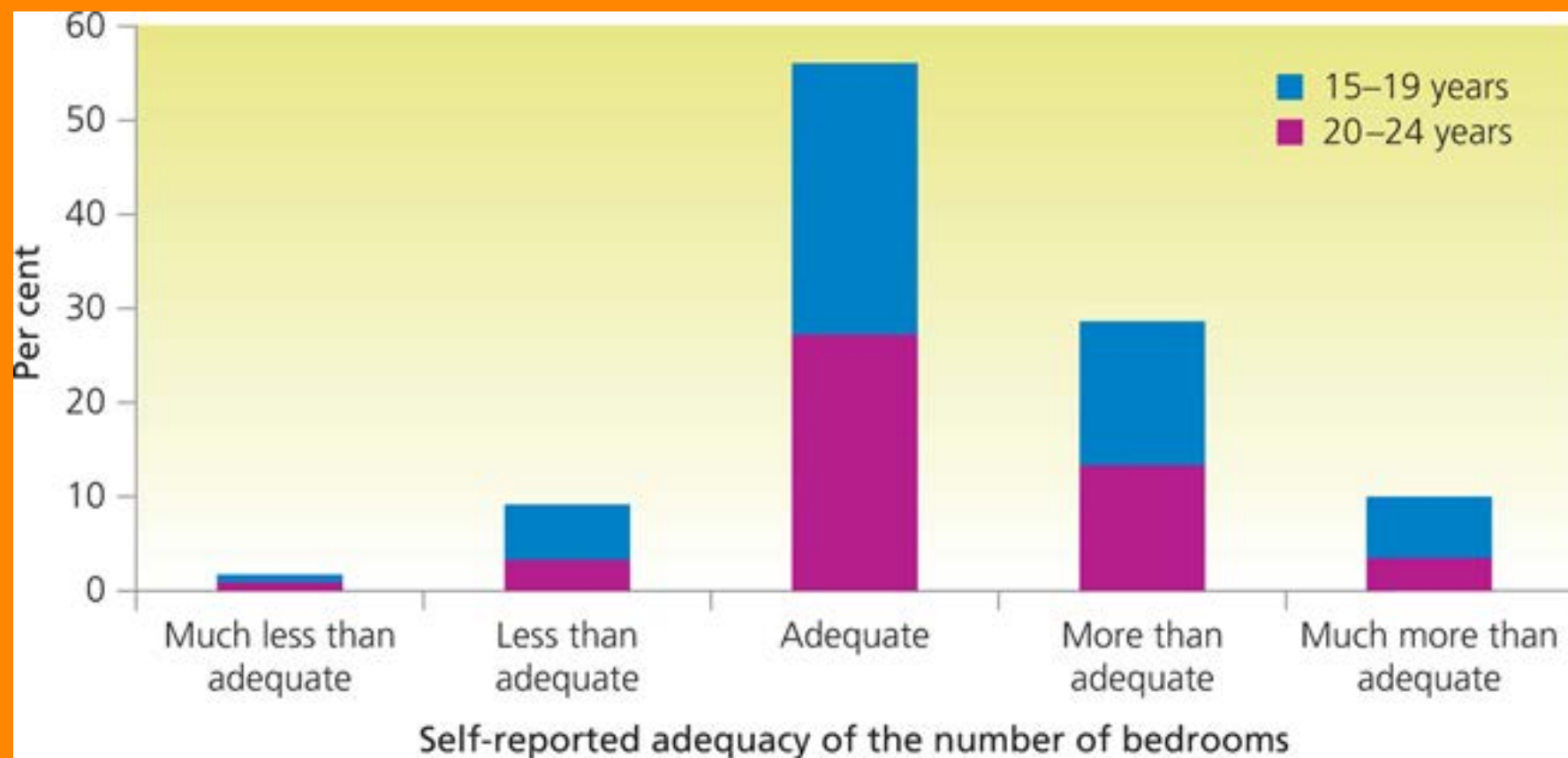


FIGURE 3.24 : Self-reported adequacy of the number of bedrooms in households of young people aged 15-24 years, 2001

- Research published by the Australian Housing Urban Research Institute suggests that overcrowded houses are associated with a greater risk of infectious disease and poor mental health. As young people are usually dependent on others, they may have little control over the number of people who share their living environment.

WORK ENVIRONMENT

- Many youths will take on a part-time job for the first time during this stage or will leave school to commence full-time employment (figure 3.25).
- **Work allows the individual to earn their own income and develop skills relating to all areas of development.** In the work environment, the young person may learn skills such as cooking, cleaning, cooperation, and responsibility. But there are often risks associated with the workplace as well.



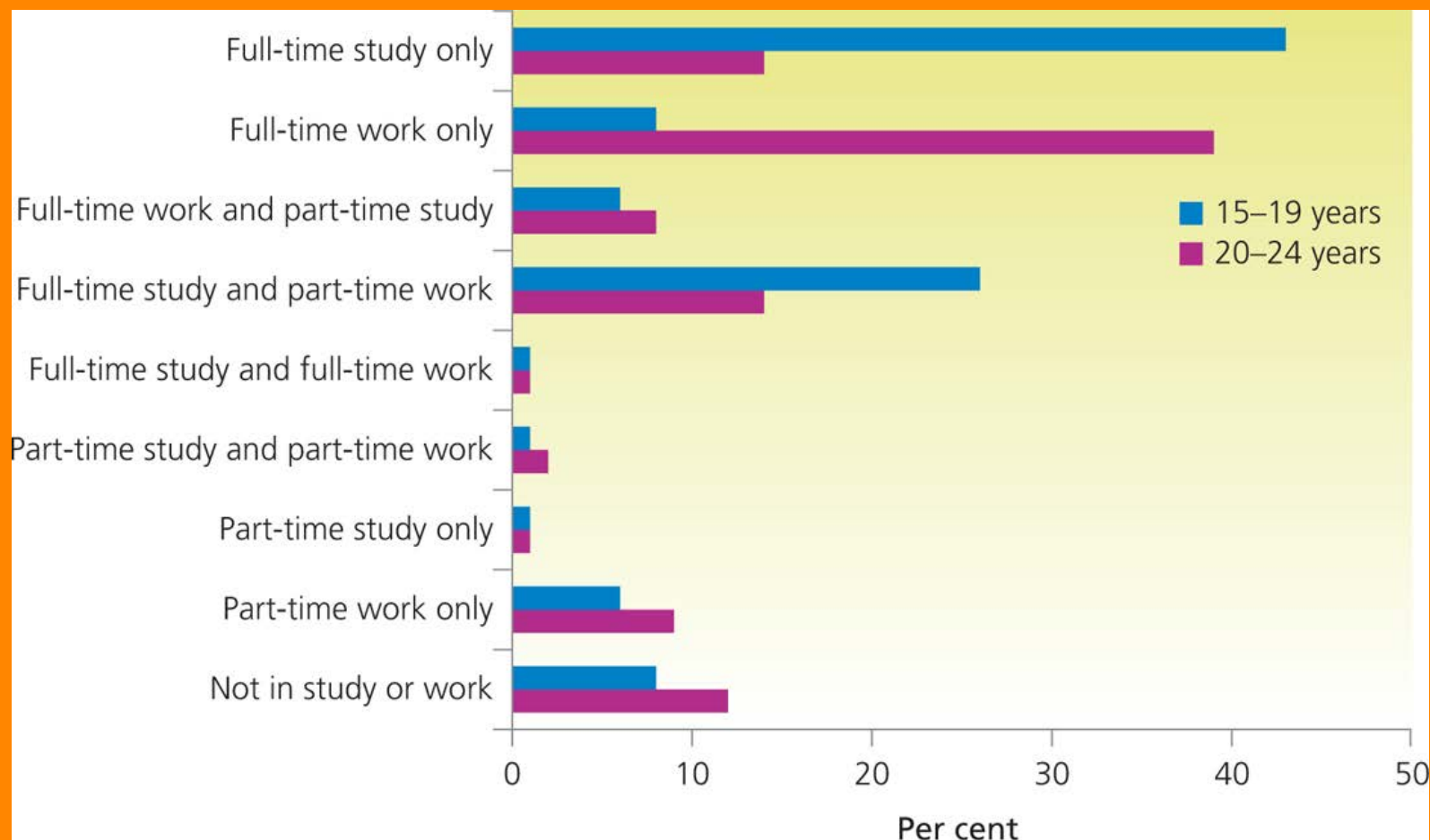


FIGURE 3.25 Participation in education and/or employment among young people aged 15-24 years, 2009

- Occupational health and safety laws in Australia are designed to ensure that employers provide a safe environment for all of their employees, including youth. These laws relate to physical space as well as machinery, training and supervision.

Many youths work in fast-food outlets or other commercial kitchens.

Facilities within these environments pose particular risks to youths including:

- **burns from hot water, deep fryers, ovens and other appliances**
- **falls and injury caused by slippery floors**
- **cuts and lacerations from sharp objects.**
- **Unpleasant or unfavourable working conditions can also influence mental health by affecting self-esteem and contributing to feelings of depression.**



FIGURE 3.26 The work environment can present youths with many opportunities and risks.

HOMEWORK

Complete Activity 4.5 page 91

Due: Monday 22nd April

TODAY'S LESSON

Title: Understanding the social environmental determinants of the health and development of Australia's youth

Success Criteria:

- I understand the impact of social environment determinants of family on health & development.
- I understand the impact of social environment determinants of socio economic status on health & development
- I understand the impact of social environment determinants of media on health & development

SOCIAL ENVIRONMENT (FAMILY)

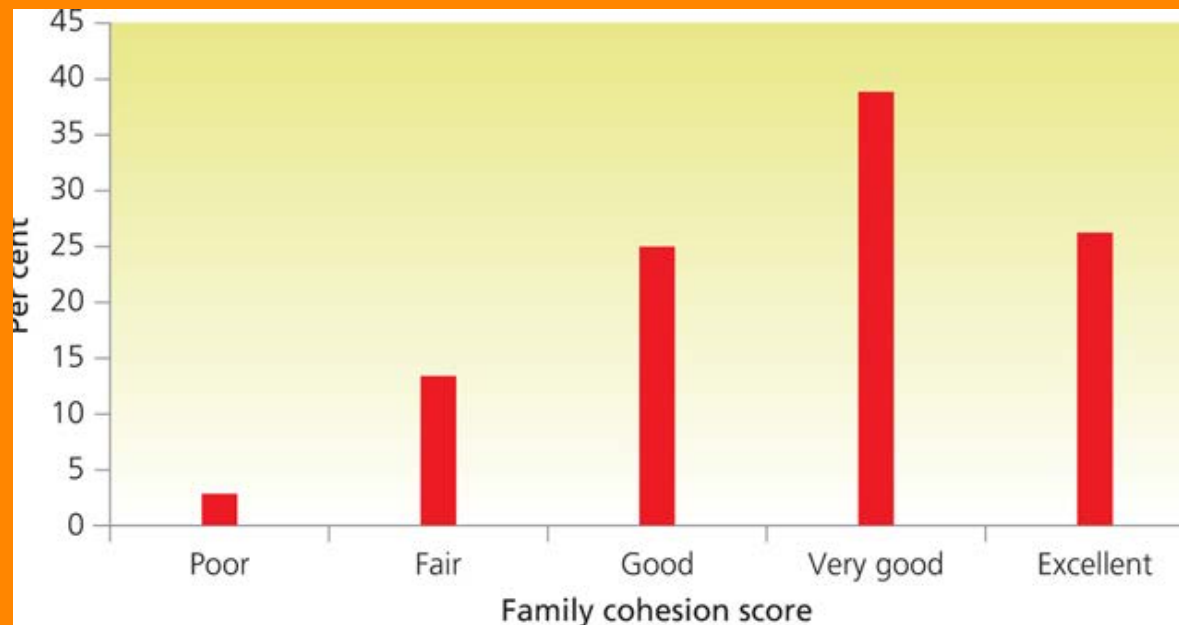
- **Youths rely on their families for many aspects of their lives. Parents, siblings and extended family members guide young people through their childhood and youth, when development is occurring at a rapid rate.**
- **Physical, social, emotional and intellectual development are all influenced by family members. The health behaviours (e.g. food intake and exercise) that young people partake in are also influenced by family members**

FIGURE 3.28 The family is an important determinant of health and development.



FAMILY COHESION

- Family cohesion refers to the closeness or bonds within a family



Source: Australian Institute of Health and Welfare 2007, *Young Australians: their health and wellbeing 2007*, cat. no. PHE 87, Canberra, p. 95.

FIGURE 3.29 Family cohesion in families with young people aged 12–17 years, 1998

According to the Australian Institute of Health and Welfare, family cohesion, or lack thereof, is a risk factor for youth health and development.

It is difficult to say whether lack of family cohesion leads to poor health and development outcomes or vice versa.

Issues such as substance abuse, mental illness and suicide may be the result of poor family cohesion or may in fact lead to it.

- If the family is close, then social health may be reliant on the family. If the family is not close, then friends may play this role. The family may also provide a resource for young people. They can discuss their problems and seek advice. This could increase the level of mental health experienced.
- According to the National Youth Survey published by Mission Australia in 2010, 78.8 per cent of people aged between 11 and 24 ranked family relationships as one of the most valuable things in their lives. (Friendships with those other than family members came second at 60.9 per cent).

SOCIOECONOMIC STATUS DEFINITION

- Sometimes referred to as social class. The key elements of income, education level, employment status and occupational type determine a person's socioeconomic status

SOCIOECONOMIC STATUS OF PARENTS

- **Socioeconomic status (SES) encompasses three key areas:**
- **education**
- **employment**
- **income.**

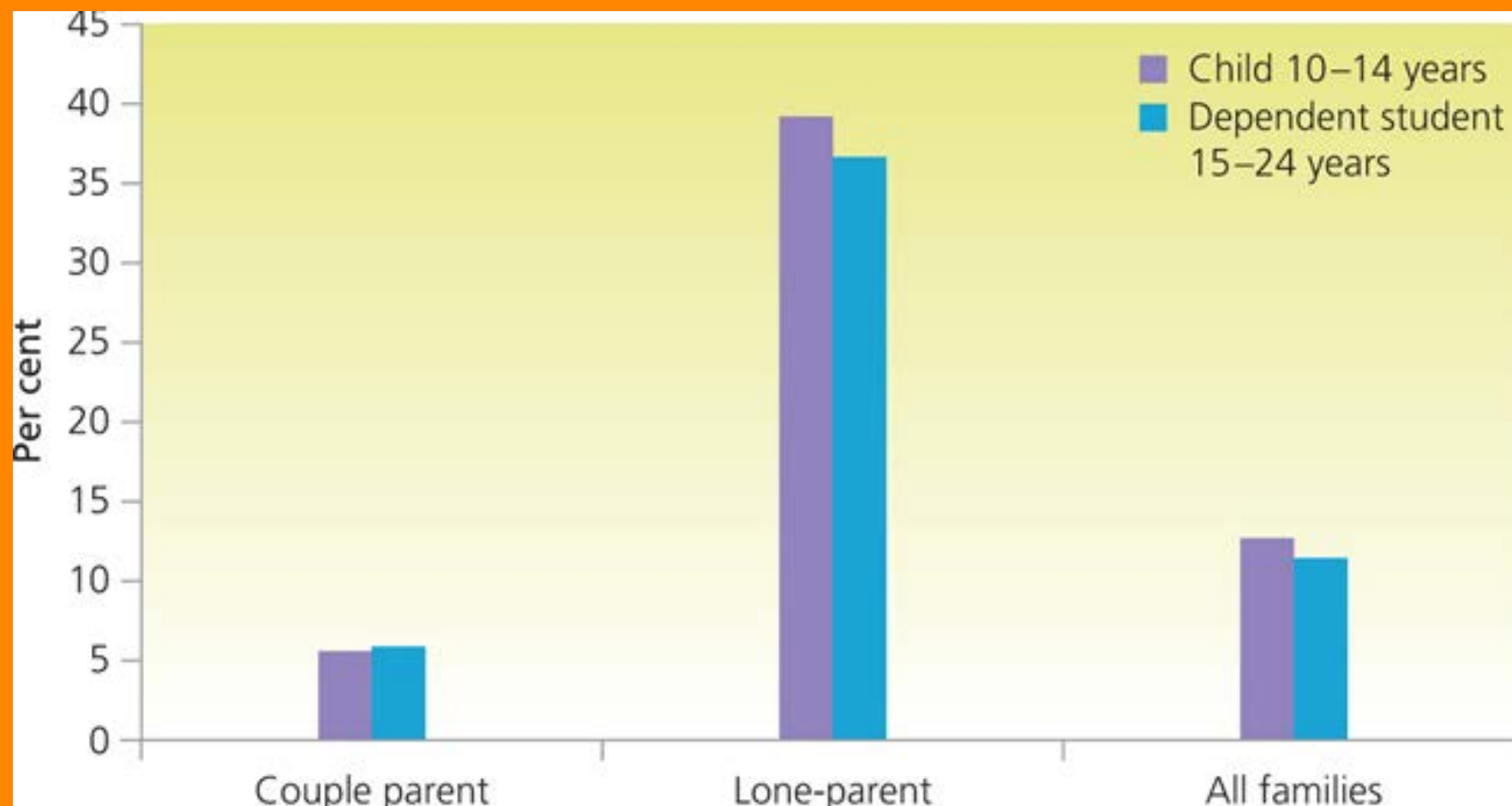
The relationship between socioeconomic status and health is undeniable.

People from higher SES groups have lower mortality and morbidity rates and display lower rates of risk factors.

- In terms of the effects that socioeconomic status has on youth health and development, it is important to also look at the socioeconomic status of the youth's parents.
- For youth living under their parents' roof and undertaking full-time education, the socioeconomic status of parents is directly related to the socioeconomic status of youth.
- It is therefore generally the socioeconomic status of parents that influences the health and development of youth.

- Unemployment among parents (figure 3.30) can have long-term effects on the development, educational outcomes and employment prospects of young people.
- Families without an employed parent generally have low incomes and therefore live in lower economic circumstances with less economic stability.

- Long-term unemployment can lead to high levels of stress, family conflict and social isolation, which can in turn have an impact on the health and development of the youth.
- A low income could also mean that money is not available to spend on resources that can promote health and development (e.g. adequate food) and social experiences (e.g. dining out or going to a concert), or to purchase computers, internet access, musical instruments/lessons, adequate housing or new clothing.



Source: Adapted from ABS data.

FIGURE 3.30 Young people in families where no parent is employed, 2006-07

SOCIAL ENVIRONMENT (COMMUNITY)

- **The wider community such as schools, sporting groups and social/cultural groups play an important role in influencing the health and development of youth. They provide opportunities for young people to be involved in the community in which they live, which can promote health.**
- **Social determinants within the community include the media, social support, community and civic participation, access to education, the level of violence in the community and homelessness.**

MEDIA

- The media influences many of the decisions youth make (figure 3.31). By influencing social trends — from food items to clothing, music and recreational activities — the media has a pronounced impact on the health and development of youth. In recent decades the use of media (particularly electronic media) has increased significantly. This exposes young people to many forms of information.

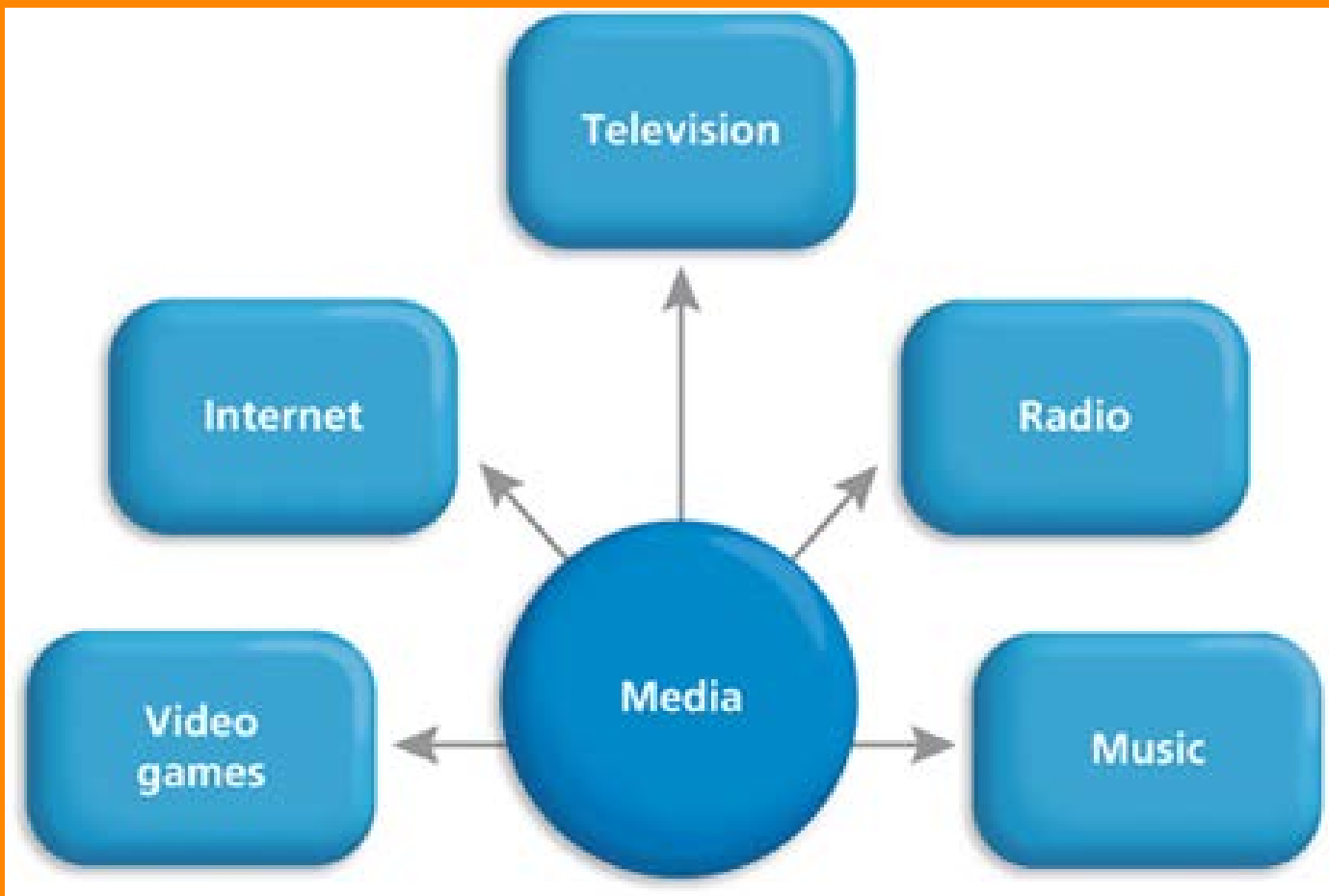


FIGURE 3.31 Common forms of media that influence youth

- Exposure to many forms of media can have negative or positive influences on health and development.
- Media can be a valuable education tool.
- Access to the internet and television can promote learning and intellectual development if the material being viewed is age appropriate and relevant.
- On the other hand, many youth spend hours at a time on activities such as browsing the internet, watching television and playing video games.

- These forms of media expose youth to a range of subjects and themes that can have a detrimental impact on their health and development.
- The violence and explicit language and images often presented in the media may influence the way youths communicate or behave around others, which affects social development.
- Stereotypes that portray certain groups of people in a negative light (e.g. men being violent) are often displayed in the media. As values are being formed during youth, the internet and television can be extremely influential.

PLAY!

- Advertising is prominent in most forms of media and can influence the behaviour of youth in their choices of food, non-alcoholic drinks and alcohol. This can have both long and short-term impacts on health and development.

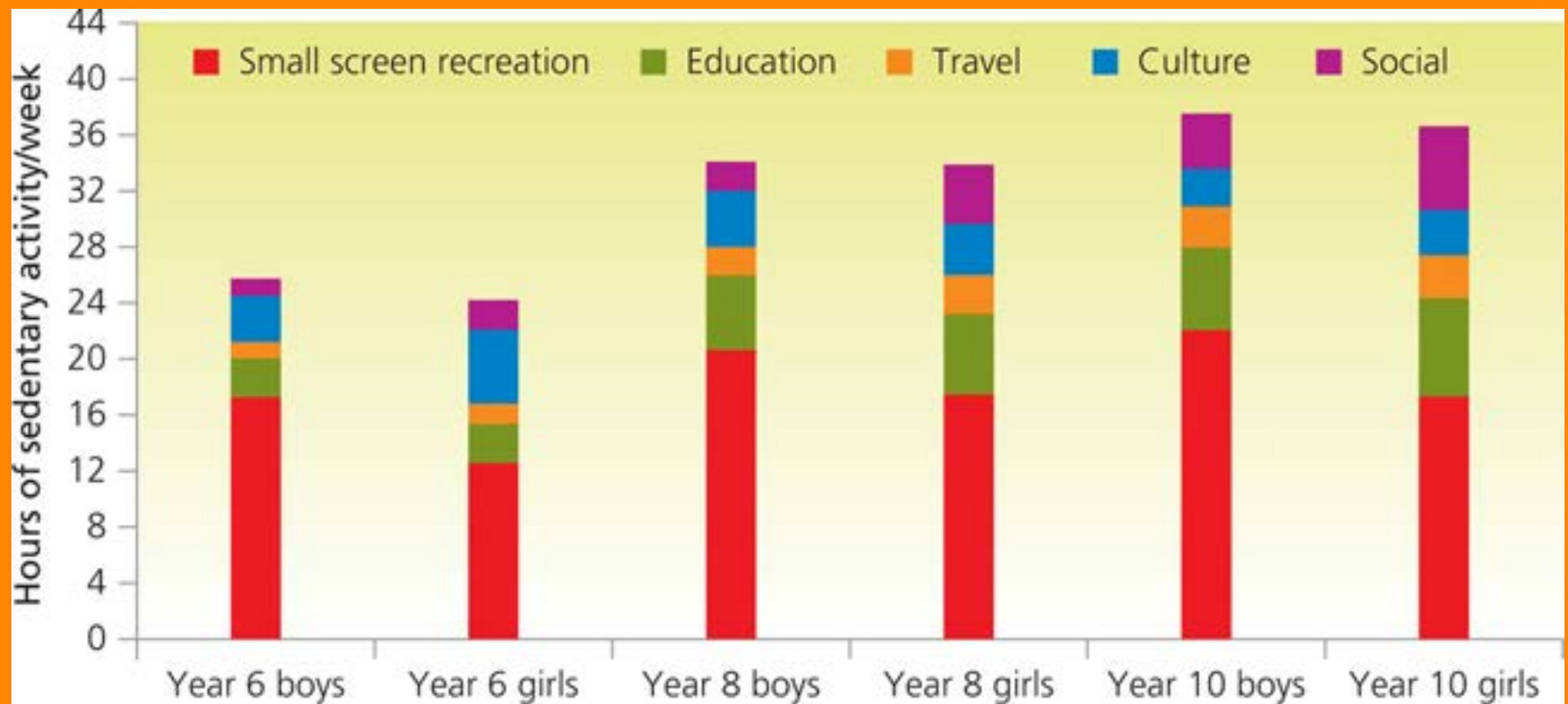
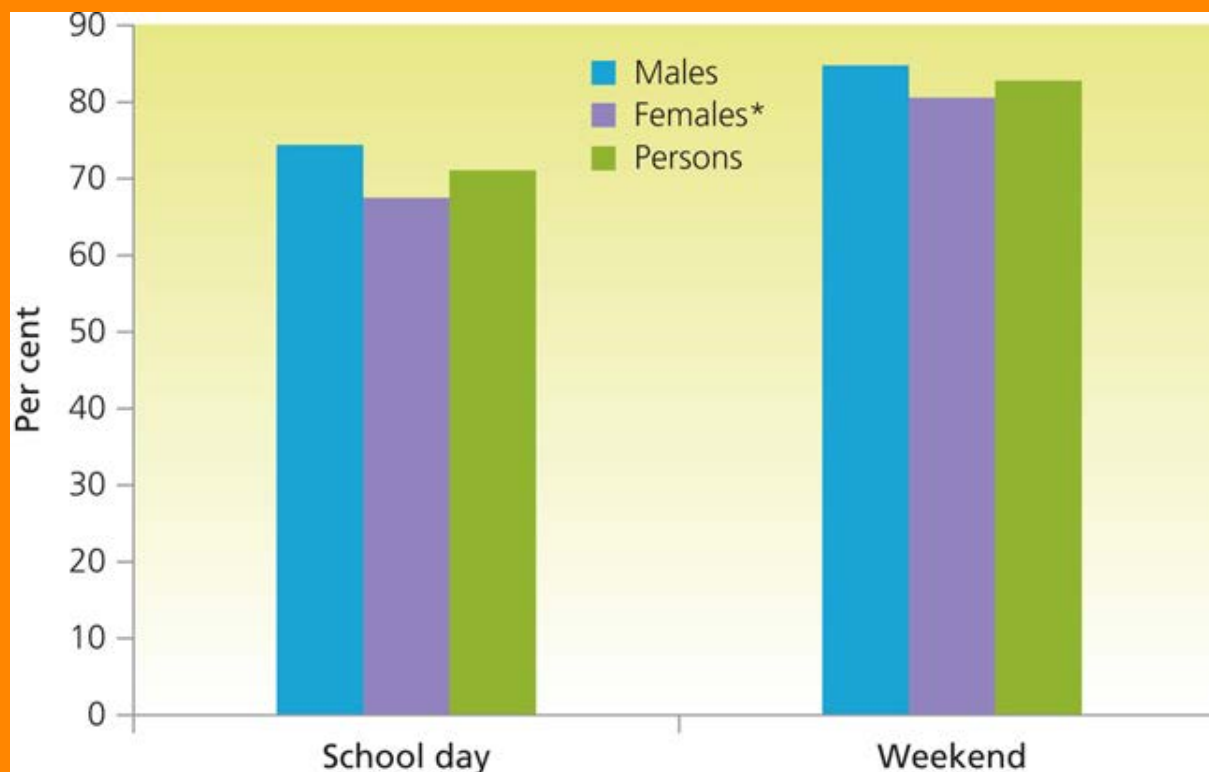


FIGURE 3.32 Sedentary recreational activities by sex and school year

- The Australian government's physical activity recommendations for children and young people state that no more than two hours should be spent on small screen recreation on any one day.
- The percentage of youths reporting more than two hours of small screen recreation per day is shown in figure 3.33.



* Significant difference at $p < 0.01$

FIGURE 3.33 Proportion of secondary school students exceeding the national guidelines for small screen recreation, on school days and weekends, 2009–10

ACTIVITIES

- Complete Activity 4.6 page 97
- Complete Activity 4.7 page 99